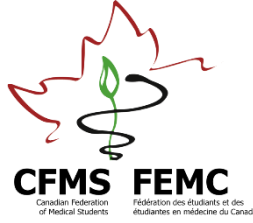


2019



**CFMS**

DAY OF **ACTION**



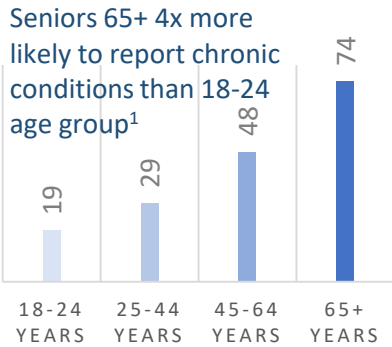
**SENIORS CARE & AGING**

February 4, 2019  
Ottawa, ON

Canadian Federation of Medical Students  
Fédération des étudiants et des étudiantes en médecine du Canada  
[www.cfms.org](http://www.cfms.org)

# Seniors Care and Aging: Why is it a Priority

A 90-year-old female living independently in a retirement residence who enjoys bowling two nights a week, playing bingo, and visiting friends. A 78-year-old male living in an inter-generational home with depression after losing his siblings, mistaken for dementia. A 67-year-old with multiple comorbidities requiring assistance for all activities of daily living (ADLs), living in a long-term care home.



One of the challenges of planning for an aging population is the heterogeneity in our needs and abilities as we age. Unsurprisingly, the prevalence of chronic conditions increases as we age, which accounts for a disproportionate usage of the healthcare system and an increase in the average number of prescription medications.

## Healthcare Cost<sup>2</sup>



\$2,700/year  
Rest of the population



\$12,000/year  
Seniors 65+ age group

For the first time ever in Canada, the number of seniors exceeded the number of children aged 14 and younger. This is a positive reflection that advances in public health, medical innovation and social supports have allowed people to live longer and healthier. Given the opportunity, an aging population has a lifetime of knowledge, experiences, skills and history to share with the rest of society.

## Seniors with chronic conditions and average prescriptions medications<sup>1</sup>

1-2 chronic conditions

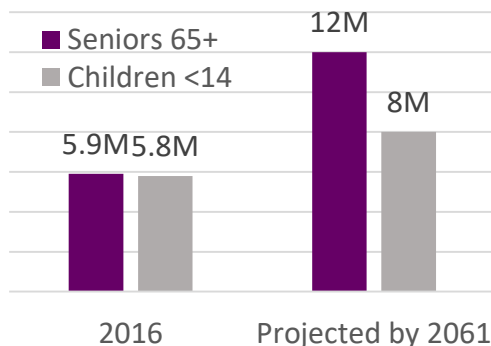


3+ chronic conditions



The demographics of Canada are quickly changing. We live at a time where we can be proactive and intentional in the care, services, and policies that we design for seniors care. Prioritizing seniors care and aging now will have a strong impact on supporting a diverse population of individuals to age in a healthy and dignified way, that is acceptable to us and sustainable for the health care system. We believe that the federal government has the leadership, infrastructure and resources to unify supports for seniors under a National Seniors Strategy.

## Changing Canadian Demographics<sup>3</sup>



<sup>1</sup>Canadian Institute for Health Information. 2011. "Seniors and the Health Care System : What Is the Impact of Multiple Chronic Conditions ?"

<sup>2</sup>The Conference Board of Canada. 2018. "Meeting the Care Needs of Canada's Aging Population."

<sup>3</sup>Genier, Eric. 2017. "Canadian Seniors Now Outnumber Children for 1st Time, 2016 Census Shows." CBC

# Consultation and Summary

## CFMS Consultations and Findings

In developing the 2019 CFMS National Day of Action research and documents, community leaders and health experts across the country were engaged by medical students to participate in a consultation process. The purpose of the process was to learn and receive insight from those that see and understand first hand the gaps impacting seniors, and how we, as medical trainees, can add our voice as allies to a growing conversation.

## Our Process

Medical students connected with consultants in several ways including in-person meetings, phone calls, and communication through email. Qualitative analysis using an inductive approach was utilized to identify emerging themes from the consultations to guide the development of recommendations.

## Our Major Findings

Five major themes were identified, reflecting the values that underpin the various concepts discussed by stakeholders, which are inter-related in many ways.



# CFMS Policy Recommendations

Every Canadian deserves to age with dignity, with access to necessary supports and appropriate resources. As such, the **Canadian Federation of Medical Students (CFMS)** calls upon all Members of Parliament to:

1

Commit to targeted funding and development of a **National Seniors Strategy** for the 2019 Federal Election.

2

Commit to the development of a **national evidence-based formulary** as a first step towards designing and implementing a truly universal, comprehensive, and cost-effective **National Pharmacare Program** that provides access to drugs for all Canadians. Work in collaboration with national experts to promote targeted deprescribing to minimize polypharmacy.

3

Support national leadership on *developing and tracking quality indicators*, to *enhance* the quality of and access to **home care, palliative care, and community care** provided in the provinces/territories, at the next Federal/Provincial/Territorial Ministers Responsible for Seniors Forum.

## About Us

The Canadian Federation of Medical Students (CFMS) is the national organization representing over 8,000 Canadian medical students from 15 medical schools across Canada. We represent medical students to the public, to the federal government, and to national and international medical organizations.

**Our Mission:** The Canadian Federation of Medical Students (CFMS) is the national voice of Canadian medical students. We connect, support, and represent our membership as they learn to serve patients and society.

**Our Vision:** Tomorrow's physicians leading for health today.

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#CFMSDayofAction  
#SeniorsCare & Aging

